

Prevention Pathways

Online Courses

Examples of Types of Abuse

Emotional Abuse

Examples include:

- Cursing, swearing, or screaming at you,
- Repeated irritation (quick to get angry) or degradation (insulting name calling),
- Verbal attacks on, or insults about people you care for, such as your family and friends,
- Blaming you for everything that goes wrong,
- Interrupting you when you are eating or forcing you to stay awake or to get up from sleep,
- Criticizing your thoughts, feelings, opinions, beliefs, and actions,
- Being extremely jealous, always accusing you of cheating or flirting, and
- Making fun of you, putting you down, or criticizing you in front of others.

Psychological Abuse

Examples include:

- Threatening to punch, hit, slap, or kick
- Threatening to use a weapon to hurt you
- Threatening to harm himself or herself if you leave
- Threatening to harm children or pets if you leave
- Threatening to take the children away from you if you leave
- Making vague threats, such as "You're going to get it" or "I'm really going to let you have it"
- Throwing objects around the room
- Restricting your telephone use or interaction with friends and family
- Hiding, stealing, or destroying your possessions
- Sabotaging your car

Sexual Abuse

Examples include your partner (abuser) forcing sex when:

- You indicate "no" and your limits are not respected.
- You are sleeping.
- You are drunk or high or unable to say "no."
- You are afraid to say "no."

In addition, sexual abuse include instances in which your partner:

- Physically attacks sexual parts of your body, such as grabbing your breasts, pinching your buttocks, or unwanted touching of any kind.
- Forces you to perform any sexual act that you do not wish to do.
- Forces you to do anything that makes you feel like a sexual object or shames you.

Physical Abuse

This includes:

- Slapping, punching, kicking, spitting
- Spanking, burning, choking, pushing
- Scratching, restraining, grabbing, biting
- Throwing objects at you or using or threatening to use a weapon of any kind (beer bottle, stick, ruler, belt, whip, knife, gun)
- Forcing you to take drugs or large amounts of alcohol to avoid further physical abuse
- Preventing you from leaving the house

Stalking

Common behaviors include:

- Following a person.
- Appearing at a person's house, place of business, or dorm room.
- Making harassing telephone calls.
- Leaving written messages or objects, some quite graphic, such as sending pictures in the mail all cut up or covered in blood. ²
- Vandalizing a person's property.
- Sending love letters, cards, or flowers on a regular basis. This is particularly scary as police and bystanders may not perceive these as harmful acts and may not act to help the victim in a timely fashion.

References

1. Tjaden, P., and Thoennes, N. " [Stalking in America: Findings from the National Violence Against Women Survey](#) ." (PDF) National Institute of Justice/Centers for Disease Control and Prevention Research in Brief. Publication No. NCJ 169592. Washington, DC: U.S. Department of Justice, April 1998.
2. (PDF) *Stalking and Domestic Violence: Report to Congress* . Publication No. NCJ 186157. Washington, DC: U.S. Department of Justice, May 2001.

<http://www.samhsa.gov/preventionpathways>